

PE Curriculum Knowledge and Progression Map 2025 2026							
YEAR 3 MAPLE	Gymnastics <i>Symmetry</i>	Dance Cheer and Dance	Net & Wall <i>Dodgeball</i>	Invasion Game <i>Hockey</i>	Striking <i>Rounders</i>	Athletics <i>Athletics</i>	ADDITIONAL OPPORTUNITIES
BREADTH OF STUDY	Take part in gymnastics activities	Perform dances	Play competitive games and apply basic principles suitable for attacking and defending	Play competitive games and apply basic principles suitable for attacking and defending	Play competitive games and apply basic principles suitable for attacking and defending	Take part in athletics activities	All planning supported with PE passport. Expert practitioners available across school for additional PE sessions.
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	Plan, perform, refine and repeat sequences. Move in a clear, fluent and expressive manner Swing and hang from equipment safely (using hands). Show changes of direction, speed and level. Travel in a variety of ways. Improve the placement and alignment of body parts.	Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences. Create dances and movements that convey a definite idea. Change speed and levels within a performance. Develop physical strength and suppleness by practising moves and stretching.	Throw and catch with control and accuracy.	Maintain possession of a ball. Follow rules and play fairly as part of a team, winning and losing together.	Strike a ball and field with control. Follow rules and play fairly as part of a team, winning and losing together.	Sprint over a short distance. Run over a longer distance conserving energy. Use a range of throwing techniques. Jump in a number of ways, using a run where appropriate. Throw with accuracy. Aim to improve personal best.	LFC Foundation providing PE CPD to teachers. Delivery of PE curriculum. St Helens Rugby Foundation providing additional invasion games sessions and staff CPD across KS1 and 2. Breadth of afterschool sports clubs providing structured sporting opportunities for our children throughout the year.